

# JANUARY 2022



## GROUP EXERCISE TIMETABLE AT JUMEIRAH MINA A'SALAM

To pre-book classes, call 04 366 6821

or email [info@thejclub.com](mailto:info@thejclub.com)

Please remember to bring a towel and a mat (if required) and arrive at least 5-min before the class starts.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:00			OUTDOOR GYM J CONDITION MAX (45 MIN)	YOGA RAHUL (60 MIN)			
08:00	YOGA RAHUL (60 MIN)		YOGA ISHA (55 MIN)				
08:15	GFW ALISHER (45 MIN)	BODYPUMP ALICE (60 MIN)	GFW ALISHER (45 MIN)	RPM GREG (50 MIN)	RPM GREG (50 MIN)	GFW ALISHER (45 MIN)	GFW ALISHER (45 MIN)
		OUTDOOR GYM J CONDITION ANTHONY (45 MIN)		OUTDOOR GYM J CONDITION ANTHONY (45 MIN)			
09:00		AQUA AEROBICS ERICK (60 MIN)	ZUMBA ERICK (50 MIN)		AQUA AEROBICS ERICK (60 MIN)	CORE VASILI (45 MIN)	ZUMBA ERICK (50 MIN)
09:15	ZUMBA ERICK (50 MIN)	BODYBALANCE ANNA (60 MIN)		PILATES MONIQUE (60 MIN)	BODYPUMP RANIA (60 MIN)		
		TRX ANTHONY (45 MIN)		TRX ANTHONY (45 MIN)			
09:30							
10:00			ASHTANGA YOGA SONALI (60 MIN)			BOOTCAMP VASILI (45 MIN)	AQUA AEROBICS ERICK (60 MIN)
10:15	POWER PILATES ALICE (60 MIN)						
10:30							POWER PILATES ALICE (60 MIN)
16:00					OUTDOOR GYM HIIT ANTHONY (45 MIN)		ZUMBA ERICK (50 MIN)
17:00		OUTDOOR GYM HIIT ANTHONY (45 MIN)					BODYPUMP GABRIELLA (60 MIN)
17:15				LES MILLS CORE NIKOLA (45 MIN)	TRX VASILI (45 MIN)	OUTDOOR GYM GLUTE LAB WEIGHTS MAX (45 MIN)	
18:00	LES MILLS CORE NIKOLA (45 MIN)	BODYPUMP NIKOLA (60 MIN)	BODYBALANCE CATE (60 MIN)		BODYPUMP CATE (60 MIN)		
18:15				GLUTE LAB BANDS + WEIGHTS MAX (45 MIN)			
19:15	OUTDOOR GYM BOOTCAMP MAX (45 MIN)	OUTDOOR GYM GLUTE LAB ACTIVATE MAX (45 MIN)	ZUMBA ERICK (50 MIN)	YOGA ISHA (50 MIN)			
			OUTDOOR GYM J BOXING MAX (45 MIN)	OUTDOOR GYM BOOTCAMP MAX (45 MIN)			

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## CLASS DESCRIPTIONS

CARDIO. IMPROVE YOUR CARDIOVASCULAR SYSTEM AND BURN CALORIES	DURATION
<b>Zumba</b> is a class inspired by Latin music and choreography created from a variety of dance styles including cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco, and hip hop - helping you burn calories in a super fun way!	50-Min
<b>RPM™</b> is an indoor cycling class using state-of-the-art stationary bikes. Ride to the rhythm of powerful music. Sweat and feel the burn and reach an endorphin-packed high.	50-Min
<b>Aqua Aerobics</b> is a low impact workout using water as resistance. Ideal form of exercise for those wishing to avoid stress on the joints.	60-Min
<b>SH'BAM™</b> will help you burn calories and shape your body in a fun and exciting way. A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required.	45-Min
<b>HIIT</b> is high intensity interval training using weights and other fitness equipment designed to increase cardiovascular fitness, improve body conditioning, and burn fat fast.	45-Min
<b>J BOXING</b> is a boxing inspired fitness program that incorporates a functional, interval, cardiovascular and circular training regimens. The programs consist of boxing circuits movements that will help burn calories and teach fundamental boxing associated skills.	45-Min
SHAPE/CONDITIONING. SCULPT AND STRENGTHEN YOUR MUSCLES AND CHANGE THE SHAPE OF YOUR BODY DURATION	DURATION
<b>BodyPump™</b> challenging major muscle groups while you squat, press, lift and curl with barbells. This class will sculpt, tone, and strengthen your entire body.	60-Min
<b>Core</b> is a workout that targets the mid-section of your body and gets you results where it counts the most.	30-Min
<b>TRX</b> is a revolutionary method of supported body weight exercise offering a complete body workout that builds power, strength, flexibility, balance, mobility and core stability.	45-Min
<b>Power Pilates</b> tone and shape your body with this challenging non-stop workout. Incorporates a variety of equipment, including foam roller, pilates ring, and soft ball.	60-Min
<b>Glute Lab</b> utilises specific exercises to shape, tone and strengthen the gluteal muscles whilst providing functional support for olympic lifting / weight training.	45-Min
<b>Bootcamp</b> a fusion of intense short cardiovascular and functional training exercises, combining body weight movements with equipment such as kettlebells, medicine balls and dumbbells.	45-Min
<b>GFW (Gym Floor Workout)</b> is a full body workout using different equipment on the gym floor to bring the best training experience while burning lots of calories.	45-Min
<b>Les Mills Core™</b> is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.	45-Min
BODY & MIND. RELEASE STRESS, IMPROVE FLEXIBILITY AND STRENGTHEN YOUR CORE	DURATION
<b>BodyBalance™</b> the Yoga and Pilate's workout that builds flexibility. Controlled breathing, and a carefully structured series of stretches bring the body into a state of harmony and balance.	45-60-Min
<b>Yoga</b> is a slow-paced class in which asanas (postures) are held for longer periods of time to really allow the body and mind to fully release and rejuvenate.	60-Min
<b>Pilates</b> focusing on the fundamentals of movement from which we build a strong body, this fantastic rehabilitative class helps develop core strength, mobilise your joints and improve postural alignment.	60-Min
<b>Foam rolling</b> is a self-myofascial release (SMR) technique. It can help relieve muscle tightness, soreness, and inflammation, and increase your joint range of motion.	45-Min
<b>Ashtanga Yoga</b> an energetic style of yoga in which individual postures (asanas) are linked by flowing movements (vinyasas).	60-Min